



Lighten up with Cobb salad

Just wrap it up and take it to go PAGE 15

NOTHING TO HIDE

CNN ANCHOR ANDERSON COOPER COMES OUT TO THE WORLD IN AN INTERNET POST:

'THE FACT IS, I'M GAY' PAGE 11



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Tuesday, July 3, 2012



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TATTOO TAKEOFF

The high-flying Paris Police gymnastics team performs at the 2012 Royal Nova Scotia International Tattoo on Monday afternoon. The tattoo's themes this year are the sinking of the Titanic, the Queen's Diamond Jubilee and the War of 1812. RYAN TAPLIN/METRO

Possible development for rec centre

Council. Northcliffe Community Centre recommended for tender

New housing, a new-and-improved tennis court, and a possible school or business could be coming to Clayton Park if recommendations to Halifax regional council regarding the Northcliffe Community Centre go through.

There was some discussion of demolishing the centre and pool within after it closed in March 2011 when the Canada Games Centre was finished. But any demolition was postponed until council could review an unsolicited offer for the property.

According to the recommendations in a staff report, that unsolicited offer could be rejected in favour of putting the centre out to tender

Quoted

"We'll be open certainly this coming year and hopefully for another 20 years to come."

Glen Dodge, owner of the Northcliffe Tennis Club, regarding possible remodelling of the courts

or up for proposals. The details of the offer are confidential.

"There are many interested parties," said Coun. Mary Wile, who lived in the area for years.

"We've had inquiries from a language school as well as multiple developers."

Over 20 residential lots on the property were also recommended for development, which Wile said the neighbours would approve of as long as no highrise apartments go up.

Glen Dodge, owner of the Northcliffe Tennis Club,

would like to terminate his lease and take control of the courts, an offer that was also recommended in the report.

Dodge's proposal includes resurfacing the four existing courts and adding two new ones as well as a clubhouse.

"It's the only indoor tennis club in Halifax," said Dodge. "Most of our members are seniors, and tennis is a big part of their social life."

The area councillor, Russell Walker, said that these recommendations are an "initial step" in the Northcliffe plan but that he does not know what could come of development.

"We're seeking direction," said Walker about the discussions to come.

There will be a community meeting in two weeks for people to offer input over what happens with the property.

HALEY RYAN/FOR METRO

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Pictou County

Four injured in boating accident

A man was seriously injured and three others were wounded in a boating accident in Pictou County early Sunday morning.

RCMP said they were called out to Eden Lake at 2:30 a.m. after a Sea-Doo and aluminum boat collided. An adult male was taken to the Aberdeen Hospital then later airlifted to the QEII hospital in Halifax.

Police said the other three people involved in the crash received minor injuries.

JENNIFER TAPLIN/METRO

Red Cross

Family safe after overnight fire destroys home

A Nova Scotia family lost its home to a fire early this morning.

The family of four was unharmed after a fire gutted the bungalow in Amherst around 2 a.m.

A release says the Canadian Red Cross is helping the family with emergency needs. The couple and their two children, aged one and three, are staying with a relative.

Some family pets are still unaccounted for.

THE CANADIAN PRESS

Melanoma rates

P.E.I. to regulate use of tanning beds for people under 18

The government of Prince Edward Island is set to regulate tanning for people under 18.

The provincial government issued guidelines in December, saying they were looking for 100 per cent compliance.

The province has the highest rate of melanoma in Canada.

In a release, Health Minister Doug Currie said guideline compliance has been an issue.

"When I said 100 per cent, I meant 100 per cent compliance," Currie said. "Anything less is simply not good enough."

The guidelines restricted people under the age of 18 from using tanning beds and also required operators to display mandatory health warnings. Thirty tanning-salon owners were audited across the province this past spring, and only 44 per cent actually recorded their clients' ages.

THE CANADIAN PRESS



0 Canada, we stand on paw for thee!

A pack of Yorkshire terriers attends a Canada Day parade in Halifax on Sunday. ANDREW VAUGHAN/THE CANADIAN PRESS

Lake Echo shooting leaves two dead

Investigation. Police suspect murder-suicide occurred on Ponderosa Dr.

HALEY RYAN

halifax@metronews.ca

Police are investigating a murder-suicide in Lake Echo after two people died Saturday night due to gun violence.

The RCMP responded to a call about shots being fired in a house on Ponderosa Drive at 8:16 p.m., said Cpl. Scott MacRae, media-relations officer.

Officers found a 47-year-old female with gunshot wounds at the front of the house, and attempted to

Quoted

"Shots being fired, people being hurt, there's a lot of tension and emotions at play."

Cpl. Scott MacRae, RCMP media-relations officer about the deaths in Lake Echo on Saturday

move her to safety, but she died as a result of her injuries, said MacRae.

Police closed down the road and contained the area after learning that an armed 50-year-old man was still inside the home. They also removed two neighbours as a precaution.

"This allowed us to bring in our Emergency Response Team to enter house safely, and inside they found the 50-year-old man dead," said MacRae.

The response team went

into the house at 12:30 a.m. Sunday, about two hours after police had controlled the area. MacRae said this is an average length of time for the response team to arrive, because they need to wait for every member to gather before moving onto a scene.

MacRae confirmed there were four people in the house at the time of the shooting.

Besides the middle-aged man and woman, there was also one young resident and a visitor who were able to

get out with no injuries.

"Shots being fired, people being hurt and killed, there's a lot of tension and emotions at play," said MacRae.

The autopsies on the man and woman were performed Monday, with the results going to the major crime unit along with any other evidence collected by forensics.

"Hopefully we'll have all the answers to try to piece together the tragic events that happened Saturday night," MacRae said.

Police confirmed later Monday that the incident was a murder-suicide, and an autopsy confirmed both people died of gunshot wounds.



For more news visit
metronews.ca

Residents express concern over quarry expansion

A group of residents in Antigonish County are expressing concern over a recent decision by the Nova Scotia Environment Department.

The department gave

environmental approval to Alva Construction to expand the Northumberland Quarry to 54 hectares from four.

There is no appeal process. Alva Construction has indicated it doesn't wish

to expand to the full 54 hectares, but the decision leaves the door wide open.

Ed Hicks, co-chair of the Mini Trail Quarry Concerns Society, says information given to the public was

misleading and inaccurate, leading to an improper consultation process.

The group wants the quarry to continue to operate at its current level.

THE CANADIAN PRESS

1 NEWS

On the web

Don't sweat it: A case for 'Made in Canada'

Domestic manufacturing is in long-term decline in Canada, but some Canadian companies have found a way not only to survive but to thrive: a "Made in Canada" label. Hear the case for and against Canadian manufacturing from two business owners, and cast your vote at metronews.ca.

Drug giant to pay billions in fines

GlaxoSmithKline LLC will pay \$3 billion US and plead guilty to promoting two popular drugs for unapproved uses in the largest health-care-fraud settlement in U.S. history, the Justice Department said Monday. Go to metronews.ca to read the full story.

Mobile news



Next Media Animation, which first leapt to the world's attention with a cartoon version of Elin Nordegren going after Tiger Woods with a golf club, has just released a one-minute film illustrating BlackBerry maker RIM's troubles. Scan the code to watch the video and read the full story.

Acadian settlement at Grand Pre named world heritage site

UNESCO designation. Landmark site in the Annapolis Valley is recognized for its 'exceptional' cultural characteristics

An important Acadian landmark in Nova Scotia has been recognized by UNESCO as a world heritage site.

The decision was announced Saturday by UNESCO's world heritage committee in St. Petersburg, Russia.

"It's a big day for Acadie," René Légère, president of the National Acadian Society, said in an interview.

"This decision recognizes the beauty and heritage of Grand Pre, and also, an important (part) of the history of the Acadian people."

The National Historic Site of Grand Pre, situated in the province's picturesque Annapolis Valley, was settled by French colonists in the 17th century who came to be known as Acadians.

The area is home to some of the most extreme tidal ranges in the world, and early Acadian settlers used a complex system of dykes to make

the land arable.

It became an area of great importance to Acadians after thousands were forcibly removed from the Maritime provinces between 1755 and 1763.

In addition to the national historic site, the newly designated area includes the communities of Grand Pre and Hortonville. It encompasses more than 1,300 hectares of land and properties.

In a release, Environment Minister Peter Kent said he was delighted with UNESCO's decision.

"This designation will attract not only Nova Scotians, Acadians and other Canadians, but also international visitors who are looking for unique experiences at iconic places," he said.

The release said Grand Pre was chosen because of "exceptional" cultural characteristics that are very important for present and future generations. It said the selection was years in the making.

UNESCO sites

- Eleven of Canada's 16 UNESCO heritage sites are at least partially managed by Parks Canada.

"The recognition of the landscape of Grand Pre... is a significant community achievement and follows many years of hard work," said Bernard Valcourt, minister of state, Atlantic Canada Opportunities Agency and la Francophonie.

The UNESCO world heritage committee aims to identify and protect cultural and environmental heritage considered to be "of outstanding value to humanity."

Grand Pre joins a long list of iconic sites around the world, including the pyramids in Egypt, the Great Barrier Reef and the Great Wall of China. **THE CANADIAN PRESS**



Acadian singer Jeanne (Doucet) Currie from Annapolis Royal, attends the World Acadian Congress at the National Historic Site of Grand Pre on Aug. 15, 2004. The important Acadian landmark has been recognized by UNESCO as a world heritage site. **THE CANADIAN PRESS FILE**

Quoted

"It's a big day for Acadie. This decision recognizes the beauty and heritage of Grand Pre, and also, an important (part) of the history of the Acadian people." René Légère, president of the National Acadian Society

Morris House to move in late fall — likely for the last time



The Morris Building sit on stilts in a parking lot next to the Terminal Road Building in this file photo. **METRO FILE**

More than two centuries old and in need of extensive renovations, Morris House is being given a new purpose as affordable housing for young adults.

Kim Thompson of the Ecology Action Centre credits "the little house that could" with starting a new, and very necessary, conversation about the environment and affordable housing.

"A lot of people with different interests have come together and have had to have conversations, difficult conversations," Thompson said.

The focus is on how a centuries-old house in disrepair

and slated for demolition could be turned into something tangible and how to reconcile the home's heritage value with the need to address social issues.

Thanks to the Ecology Action Centre, Metro Non-Profit Housing, the Heritage Trust of Nova Scotia, all levels of government and others, the idea of adaptive reuse is being put to the test with Halifax's own nomadic home.

Morris House has housed a wide range of Haligonians, but it has also seen plenty of the east coast city.

Built in one corner of Halifax, the house was moved 30

Quoted

"A lot of people with different interests have come together and have had to have conversations, difficult conversations."

Kim Thompson of the Ecology Action Centre

metres in 1898 to make way for a hotel expansion and another few blocks in 2009 to save it from demolition.

The building, currently sitting in a parking lot, is preparing for its third, and likely final, move to the cor-

ner of Charles and Creighton streets this fall.

But with narrow streets, more development and more power lines, the move will require a certain finesse. The earliest move in date is September 2013.

Although it will bring Morris House's nomadic days to an end, it's putting a focus on a new type of housing for young people that Carol Charlobois, executive director of Metro Non-Profit Housing, said hasn't had much attention.

One of Morris House's unique features will be that it's not entirely staff run.

THE CANADIAN PRESS

West Hants

Motorcyclist dead after collision

A motorcycle rider is dead after a collision with an SUV in Nova Scotia. Police say a 40-year-old man from West Hants died at the

scene after his motorcycle collided with the SUV on Saturday night.

The driver and passenger of the SUV were taken to the hospital before being released. Police say they aren't releasing a name until family has been notified. An investigation into the crash is underway.

THE CANADIAN PRESS

North Sydney

Ferry's return to service delayed

The expected return to service Monday for a Marine Atlantic ferry has been delayed. The MV Atlantic Vision has been undergoing mechanical repairs to its starboard gearbox for the

last week.

Some passengers that were to leave North Sydney for Argentina, N.L., shortly after midnight, as well as Monday night's 11:55 p.m. sailing from Argentina to North Sydney, have chosen to be rerouted to the Port aux Basques ferry terminal on the other side of the province. **CAPE BRETON POST**

Afghanistan

MacKay spends July 1 with troops

MP and Defense Minister Peter MacKay spent Canada Day with troops in Afghanistan, saying it's important they know that their work is appreciated. He was joined by musicians and a

comedian who entertained the group.

While there he met several Pictou County natives, including Master Cpl. Blake Roach, who is from Stellarton but stationed out of CFB Gagetown. The town of Stellarton had asked MacKay to deliver the local flag to Roach during his trip. **NEW GLASGOW NEWS**



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22k	\$33.65/g
E. Indian/Nuggets	\$29.83/g
18k	\$27.55/g
14k and dental	\$21.41/g
10k	\$15.28/g
9k	\$13.77/g
8k/antique gold	\$9.18/g

Gold Bar Buying Prices

Gold Bars | Buy Price

Gold 1 ounce (Recognized)	\$1,501.36
Gold 10 ounce (Recognized)	\$14,932.00
Gold 1kg (Recognized)	\$48,006.38
Gold bars, less than 1 ounce (Recognized)	\$48.01/g
999 Gold bar (Unrecognized)	\$46.70/g

Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

Maple Leaf (1 ounce Silver, Sealed)	\$27.06/coin
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Silver Jewellery and Other Silver | Price

Stamped Sterling Silver Flatware	\$0.57/g
Stamped Sterling Silver Jewellery	\$0.53/g
Mexican Silver stamped 925	\$0.45/g
Stamped 800 Silver	\$0.44/g
Unstamped scrap silver	\$0.29/g
Other silver coins	\$0.61/g

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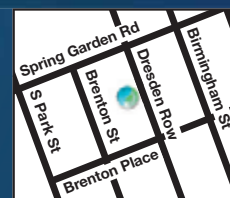


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Kidnapped aid workers brought to safety after dangerous rescue

Ambushed. Two Canadians part of workers' convoy attacked by gunmen

Four aid workers, including two Canadians, kidnapped at gunpoint from Kenya's largest refugee camp arrived back in Kenya's capital aboard a military helicopter on Monday after a pro-government Somali militia group rescued the four inside Somalia.

"We are alive and we are happy this has ended," Qurat-Ul-Ain Sadazai of Gatineau, Que., one of the Canadian workers, said after the group landed in Nairobi.

The four workers from the Norwegian Refugee Council smiled and waved after stepping out of the helicopter.

Among them was Steven Dennis of Toronto, the agency's head of operations in Kenya's sprawling Dadaab refugee camp.

Sadazai and Dennis, along

Changed plans

- A Kenyan police commander said the aid group originally arranged to have armed security but that the group cancelled the security arrangements at the last minute.

- "Convoys which have these armed escorts ... (are) more likely to be attacked by roadside bombs," said an NRC spokesman.

with Astrid Sehl, 33, and Glenn Costes, 40, were lucky to be alive. Their Kenyan driver, Abdi Ali, was killed when four gunmen attacked their two-vehicle convoy on Friday.

A representative with the Ras Kamboni militia in Somalia said his group heard of Friday's attack and pursued the kidnappers. Ras Kamboni fighters caught up with the gunmen on Monday morning, about 60 kilometres inside Somalia.

THE ASSOCIATED PRESS



Released aid workers, from left, Qurat-Ul-Ain Sadazai, a Quebec citizen of Pakistani origin; Glenn Costes of the Philippines; Steven Dennis of Toronto; and Astrid Sehl of Norway, arrive in Nairobi, Kenya, on Monday. SAYYID AZIM/THE ASSOCIATED PRESS

French language forum. Harper interrupted by protester in Quebec City

A speech by Stephen Harper was briefly interrupted Monday when a shouting protester approached the stage at an international conference in Quebec City.

As the prime minister addressed a world forum on the French language, the man walked to the front of the large room and delivered a message of his own.

"Stop Harper, stop Jean Charest," the protester yelled.

"Citizens rise up. We need

you, everybody."

His rant earned him a muffled applause from some of the attendees inside the Quebec City conference centre.

Quebec provincial police later indicated that the man, in his 30s, was released and will not face charges.

"As Canadians, we are extremely proud of our two national languages and our heritage of diversity," Harper said, a moment before the protester stepped in. THE CANADIAN PRESS

Dismemberment case

Found remains could be linked to Magnotta

Montreal police are investigating whether remains found in a city park are linked to alleged killer Luka Rocco Magnotta.

A police source said the remains appear to be a human head.

Montreal police spokeswoman Anie Lemieux says tests will be run on the remains to determine whether they're in fact body parts and whether they're related to the Magnotta case.

THE CANADIAN PRESS

Jehovah's Witnesses told to pay in sex-abuse case

Candace Conti says the abuse began when she was nine years old, distributing Bibles door to door with a fellow congregant; a hulking, loud man named Jonathan Kendrick.

It was the mid-1990s in Fremont, Calif. Conti's parents were having marital problems, her mother was sick and distracted. So the little girl found family in her tight-knit Jehovah's Witness congregation — and Kendrick found a victim.

For two years, Conti says, the man repeatedly molested her at religious gatherings, most frequently when she went out with Kendrick to proselytize. When he hugged her, she was afraid of being crushed.

"I was very scared," Conti, now 26, said from California.

She later learned she was not Kendrick's first victim and sued the Watchtower Bible and Tract Society of New York — the corporation that oversees the Jehovah's Witnesses — alleging that church leaders, called elders, knew Kendrick had previously abused another girl and did nothing to protect her.

Her lawsuit alleged the church allowed her molestation and even had a policy, dating to 1989, that instructed elders to keep accusations of

Quoted

"This will cause many people to have nothing to do with them, and many people within the movement to question what's going on."

James Penton, university professor and former Jehovah's Witness

child sex abuse secret.

In a landmark ruling in mid-June, a California jury sided with Conti, ordering the Watchtower to pay nearly \$25 million in damages and Kendrick to pay over \$3 million.

"This was about telling the Watchtower ... that they gotta change. They're the last ones to be keeping this secret," said Rick Simons, Conti's lawyer.

While sex-abuse cases involving the Catholic Church have garnered extensive public attention in recent years, Conti's case shines a spotlight on sexual abuse within Jehovah's Witnesses congregations.

It specifically addresses allegations of extreme secrecy: of church elders hushing victims, of children having to come up with witnesses to their abuse, of victims being made to publicly confront

Statement

The Watchtower did not return a request for comment from Torstar News Service. But Jim McCabe, a lawyer for the organization, said in a statement following the Conti verdict that Jehovah's Witnesses "respectfully disagree with the jury's decision."

- "This is the first time that an organization was found responsible for the alleged misdeeds of a member who held no position of leadership or authority," the statement said. "We are very sorry for whatever harm this young lady may have suffered. However, the organization is not responsible."
- Jehovah's Witnesses, it added, "abhor child abuse and strive to protect children from such acts."

their abusers.

The Watchtower's defeat in court could lead to more lawsuits, possibly even in Canada, where there are more than 110,000 practising Jehovah's Witnesses and numerous former members.

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The 'God particle' does exist: Scientists

Higgs boson particle.

Scientists to argue Wednesday that the particle which might explain the underpinnings of the universe is real

Scientists believe the "God particle" is real and they are about to present their evidence to the world.

Working at the world's biggest atom smasher on the Swiss-French border, they plan to announce Wednesday that they have gathered enough evidence to show that the long-sought "God

particle" answering fundamental questions about the universe almost certainly does exist.

But after decades of work and billions of dollars spent, researchers at the European Organization for Nuclear Research, or CERN, aren't quite ready to say they've "discovered" the particle.

The discovery of the Higgs boson won't change people's lives, but will help explain how the universe works.

It would confirm the standard model of physics that explains why fundamental particles have mass. Those particles are the building blocks of the universe. Mass is a trait that combines with

Close — but take the cigar

"Particle physicists have a very high standard for what it takes to be a discovery."

Rob Roser, who leads the search for the Higgs boson in Chicago, said he thinks this is a hair's breadth away. "You see the footprints and the shadow of the object, but you don't actually see it."

gravity to give an object weight. The phrase "God particle," coined by Nobel Prize-winning physicist Leon Lederman, is used by laymen as an explanation for how the wonders of the subatomic universe work than how it all started.

Experts familiar with the research at CERN's vast complex say that the massive data they have obtained will essentially show the footprint of the key particle known as the Higgs boson — all but proving it exists — but doesn't allow them to say it has actually been glimpsed.

Two teams of physicists present their work July 4.

The Higgs boson has until now been a concept intended to explain a riddle.

How were the subatomic particles, such as electrons, protons and neutrons, themselves formed? What gives them their mass?

THE ASSOCIATED PRESS



This wall painting shows what a Higgs boson might look like. It's at the CERN site near Geneva. ANJA NIEDRINGHAUS/THE ASSOCIATED PRESS



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U.S. East Coast still reeling

Storm damage. After suffering through sweltering weekend, millions must cope with transportation delays, difficulties

A weekend without electricity was already trying for millions in the sweltering, storm-swept U.S. mid-Atlantic region. But Monday morning brought another challenge when many embarked on a difficult commute over roads with darkened stoplights and mass-transit delays.

To alleviate congestion around Baltimore and Washington, D.C., federal and state officials gave many workers the option of staying home Monday. Federal agencies

were open in Washington, but non-emergency employees had the option of taking leave or working from home. Maryland's governor also gave state workers leeway for staying out of the office.

There were more than 500 signal outages in Maryland on Sunday afternoon, including more than 400 in hard-hit Montgomery County outside the nation's capital, according to the State Highway Administration. There were 100 signal outages in northern Virginia late Sunday afternoon, and 65 roads were closed, although most were secondary roads.

"If you have to drive or need to drive, leave yourself a lot of extra time," Maryland Highway Administration spokesman Charlie Gischlar said. "There's going to be delays." **THE ASSOCIATED PRESS**



U.S. Postal Service letter carrier Giovanni Alvarez delivers mail on Monday to a house damaged by an uprooted tree after a storm in Washington, D.C. Severe weather that hit the U.S. mid-Atlantic region on Friday has been blamed for at least 17 deaths, most from trees falling on homes and cars. EVAN VUCCI/THE ASSOCIATED PRESS

Floods ravage India's northeast



A family rows past their house in India's Assam state Monday after monsoons left much of the area deeply flooded. ANUPAM NATH/THE ASSOCIATED PRESS

The worst monsoon floods in a decade to hit a remote northeastern Indian state have killed more than 80 people and forced around two million to leave their homes, officials said Monday.

Nearly half a million people are living in relief camps that have been set up across Assam state, Prime Minister Manmohan Singh told journalists in Gauhati, Assam's capital. The rest of the two million displaced have moved in with relatives or are living in the open, sheltering under tarpaulin sheets.

Assam officials say 81 people have been killed over

the past four days. Most of them were swept away when the mighty Brahmaputra River overflowed its banks and flooded villages. Sixteen people were buried in landslides triggered by the rains.

At least 11 people were missing in six districts, the state disaster management agency said in its bulletin.

Air force helicopters were dropping food packets and drinking water to marooned people, Singh said after surveying the flood-hit districts.

Army soldiers used boats to rescue villagers from the rooftops of flooded homes.

THE ASSOCIATED PRESS

Syria

Exiled opposition urged to unite

The head of the Arab League urged Syria's exiled opposition to unite Monday, saying they must overcome their differences as Western efforts to force President Bashar Assad from power all but collapsed.

But more than one year into the Syrian revolt, the opposition is still hobbled by the infighting and fractiousness that have prevented the movement from gaining the kind of political traction it needs to present a credible alternative to Assad.

THE ASSOCIATED PRESS

Timbuktu

Muslim fanatics destroying city

Muslim extremists continued destroying the heritage of the ancient Malian city of Timbuktu on Monday, razing tombs and attacking the gate of a 600-year-old mosque, despite growing international outcry.

The International Criminal Court has described the destruction of the city's patrimony as a possible war crime, while UNESCO's committee on world heritage was holding a special session this week to address the pillaging of the site.

THE ASSOCIATED PRESS

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AMNS
ASSOCIATED MEDIA NEWS SERVICE

'Robin Hood' tax scheme gathers growing support

Taking from the rich.

Campaign calls for a tax on all stocks, bonds, derivatives and currency trades

With actor Mark Ruffalo and Coldplay's Chris Martin recently publicly backing it, the Robin Hood Tax campaign is gaining steam.

The campaign began in the United Kingdom in 2009 and has seen a growing wave of support from grassroots organizations, activists, unions, politicians and economists in 14 countries, including Canada.

The campaign calls for the adoption of a financial transaction tax on all stocks, bonds, derivatives and currency trades. The tax would be set at between 0.5 and 0.005 per cent, depending on what's being

Innovative idea

The idea for the tax is based on Nobel Prize-winning American economist James Tobin's work, said Simon Chouffot, a spokesperson for the Robin Hood Tax campaign in the U.K.

- The idea was first popularized in the 1990s after the Asian financial crisis, Chouffot said.
- But after the financial crisis in 2008, which triggered a global recession, it really took hold among groups in Europe.

traded, explains Charles Idelson, a spokesperson for the U.S. campaign.

"We're calling for taxing banks and financial institutions that have caused the economic

crisis," Idelson said.

"This tax could raise hundreds of billions of dollars every year on the trades done in the U.S. alone."

The Canadian Federation of Nurses Union's campaign in support of the Robin Hood Tax began earlier this year after their American counterpart adopted the idea following the 2008 financial crisis.

The nurses' union is hoping the federal government will take a look at implementing a Robin Hood Tax here as well, although so far the Harper government has said it wouldn't favour such a move.

The money could go a long way to improving the quality of life for many Canadians, said Linda Silas, president of the Canadian Federation of Nurses Union. Silas said that in the coming months more organizations will be asking for the tax in federal budget consultations.

TORSTAR NEWS SERVICE



Exxon Valdez's final journey

The ship formerly known as the Exxon Valdez, pictured above anchored off India's western coast near the Alang ship-breaking yard in Gujarat on Saturday, may finally be able to sail off into the sunset. Now known as the Oriental Nicety, the ship has been given permission to enter India. India's Supreme Court had earlier banned the vessel, which dumped more than 40 million litres of crude oil into Alaska's Prince William Sound in 1989, from entering the country for dismantling until it has been decontaminated. THE ASSOCIATED PRESS

Market Minute



DOLLAR
(Markets closed)



TSX
(Markets closed)



OIL
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USA VERSUS THE LAND OF 'EH'



SHE SAYS...
Jessica Napier
metronews.ca/shesays

I'm a dual citizen of both Canada and America, so the first week of July is a pretty festive time. I like to think that having two passports gives me the right to continue the patriotic celebrations from Canada Day through to the Fourth of July.

Many American's don't really care too much about what goes on across the border, possibly because they're too busy chanting "USA No. 1" as they spoon-feed themselves ranch dressing. And when they do think about us Canadians they're usually smirking.

The concept of "Canadian football" tends to elicit eye rolling, and Steve Martin famously mocked Toronto on an episode of 30 Rock as "New York without all the stuff in it."

Duelling citizenship

"But while the odds seem stacked in Yankee favour, this humble northern neighbour has some pretty amazing qualities."

And, yes, the beaver is a pretty laughable national animal when compared to the far more majestic eagle; and, yes, the names of our coins suggest badly drawn cartoon characters. Loonie and toonie? Come on.

Our taxes are higher, our Netflix options are abysmal and our telecommunications monopolies have a stranglehold on our mobile-dependent citizens with their high fees.

But while the odds seem stacked in Yankee favour, this humble northern neighbour has some pretty amazing qualities.

Here are 10 of my favourite ways in which the Great White North kicks the Land of the Free's ass (sorry to brag, it's the American in me):

1 Two words: American beer. Here in Canada, we generally don't like to dilute our beer with water. We also earn money when we recycle those bottles of stronger brew, so, really, that's two points for Canada.

2 Who cares what Microsoft Word has to say. Adding a "u" to words like "colour" and "favourite" is classier.

3 In this bilingual country, it's entirely possible to teach yourself a new language just by reading a box of cereal.

4 Canada is a constitutional monarchy, which means our lame obsession with the British royal family is somewhat justified. What's your excuse, America?

5 Legalized same-sex marriage.

6 Colour-coded money. Because why on earth would you make your one-dollar bill and your one-hundred-dollar bill look almost identical?

7 Canadians were wearing plaid before it was ironic.

8 Fact: Caesar > Bloody Mary.

9 We have the most patriotic customer-loyalty program: Canadian Tire money. Does Lowes have its own currency? Didn't think so.

10 We invented the electric light bulb, basketball, the telephone, and the greatest guilty-pleasure snack of all time: a heavenly medley of cheese curds, gravy and fries. O Canada indeed.

Dressed in their 'Nunday' best



BRENDAN LANDY/LANDYPHOTO.COM

World-record attempt

Getting into the habit for a good cause

One town in southwest Ireland devoutly found a fun way to promote a serious cause. Listowel in County Kerry saw over 1,400 men, women and children dressed in black-and-white habits to break a Guinness World Record for most "nuns" in one place, an event to raise money for Pieta House, a suicide and self-harm crisis centre. **MWN**

Numbers in B&W

1,456

The number of people dressed up as nuns who gathered in a Gaelic football field in Listowel on Saturday. They

smashed the previous record of 250 achieved at Pinewood Studios, Buckinghamshire, England. The organizing committee initially hoped only 500 would attend. Participants came from as far as Florida and New York.

Nun the worse for wear

- **Seeking release.** "Overall, 'Nunday' was a fun way to release emotions for those who have suffered," event organizer Cora O'Brien, who lost a teenage son to suicide five years ago, told Metro.

- **Dress code sacrosanct.** "We did have to reject a few participants," O'Brien admits. "The dress code had many stipulations, including a need for black-only shoes. The outfits were rigorously checked and people were ticketed as they entered the field."



Spirits, and legs, rise as "nuns" gather to set a world record.

BRENDAN LANDY/LANDYPHOTO.COM

There's no getting out of jail free at fun fundraiser that put bosses behind bars

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Fundraising is usually associated with hard work. But hard time?

When Ashly Whitworth and her fellow students at Lower Sackville's Success College threw their fundraiser, there was definitely some time served.

In addition to Jail 'n' Bail, which had participants toss their bosses in the slammer for a few hours to raise bail, the recent event boasted a Fear Factor-esque game, and a dunk-tank.

The creative, laugh-at-your-own-expense style fundraiser was a huge hit, raising over \$4,000 to benefit the Sackville-Bedford Early Intervention Program, which works with children and families at risk of developmental problems.

Success College students got hands-on marketing and event-planning experience,

the community helped out a great cause, and some lucky employees got to have a laugh at the expense of their bosses-behind-bars.

CRAIG AND MARC KIELBURGER

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metoweb.com and we'll share them right here.



Anderson Cooper, normally reluctant to talk about his private life, has come out, saying "I do think visibility is important." TORSTAR ARCHIVE

Cooper: 'I'm gay'

Coming out. CNN journalist says there's value in 'standing up and being counted' in Daily Beast essay

Anderson Cooper, who has been reluctant to talk about his personal life in public, revealed that he is gay in an essay posted online on Monday.

The CNN journalist said he had kept his sexual orientation private for personal and professional reasons, but came to think that remaining silent had given some people a mistaken impression that he was ashamed.

"The fact is, I'm gay, al-

ways have been, always will be, and I couldn't be any more happy, comfortable with myself and proud," he wrote in a letter to Andrew Sullivan of the Daily Beast.

Cooper, the son of Gloria Vanderbilt, had long been the subject of rumours about his sexual orientation. He said that in a perfect world, it wouldn't be anyone's business, but that there is value in "standing up and being counted."

"I still consider myself a reserved person and I hope this doesn't mean an end to a small amount of personal space," he wrote. "But I do think visibility is important, more important than preserving my reporter's shield of privacy."

THE ASSOCIATED PRESS

Excerpt

The Daily Beast's Andrew Sullivan asked Anderson Cooper for his thoughts on the topic of the visibility of gay people and what it means for equality. Here's part of Anderson Cooper's response.

- "...I've begun to consider whether the unintended outcomes of maintaining my privacy outweigh personal and professional principle. It's become clear to me that by remaining silent on certain aspects of my personal life for so long, I have given some the mistaken impression that I am trying to hide

something — something that makes me uncomfortable, ashamed or even afraid. This is distressing because it is simply not true. I've also been reminded recently that while as a society we are moving toward greater inclusion and equality for all people, the tide of history only advances when people make themselves fully visible. ... The fact is, I'm gay, always have been, always will be, and I couldn't be any more happy, comfortable with myself, and proud."

READ MORE AT THE DAILYBEST.COM

Action

The Amazing Spider-Man

Director. Marc Webb

Stars. Andrew Garfield, Emma Stone

It's only been five years since Spider-Man last soared across the silver screen. And that's perhaps this reboot's greatest flaw. Taking over for filmmaker Sam Raimi, relative newcomer Marc Webb largely restores the recognizable origin story about a kid bitten by a radioactive bug, who becomes a web-slinging superhero. In The Amazing Spider-Man however, Webb focuses on back story and succeeds with clever performances from a talented cast. Spidey improves as a livelier, more playful hero, too, but in essence, this web-head is too familiar for true impact.

STEVE GOW

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3D Tue-Thu 1:10-3-7:30-9:30

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Tue-Thu 12:15-3:30-7-10:15

Park Lane

Tue-Thu 12:30 3D Mon 9 Tue-Thu 3:30-6:30-9:35

Lower Sackville

3D Tue 2:30-6:30-9:35 Wed-Thu 6:30-9:35

Dartmouth Crossing

Tue 12-3:15-6:35-9:45 Wed-Thu 12 3D Tue-Thu 12:30-3:45-7:05-10:20 Wed-Thu 3:15-6:35-9:45

Truro

Tue-Thu 6:30-9:40 Tue-Wed 2:30 Thu 2:30

Bridgewater

Tue 2:30 3D 9:30 No Passes Tue-Thu 6:30-9:30



SCENE

Box office

A teddy bear's picnic

It's both a bear and bull market for Hollywood. The bear is Ted, Mark Wahlberg and Seth MacFarlane's comedy about a talking teddy bear, which opened as the No. 1 movie with \$54.1 million, according to studio estimates Sunday. And the bulls are baring it in Magic Mike, Channing Tatum and Steven Soderbergh's male-stripper tale that debuted a strong No. 2 with \$39.2 million.

THE ASSOCIATED PRESS

On the web



Whitney Houston gets tribute from mother at BET Awards; Kanye, Jay-Z, Beyoncé, Brown win two each

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

So long to Scientology for Suri?

MONICA WEYMOUTH
scene@metronews.ca

We all knew that when Tom Cruise and Katie Holmes divorced, it was going to be a weird one. What we didn't expect was that after five years, Katie would snap out of her dead-behind-the-eyes trance with so much fight left in her.

Before filing for divorce on Thursday, the actress had already rented a separate apartment for herself in New York. Although she does occasionally live in the city, it could have been a strategic move: She's requesting sole custody of six-year-old daughter Suri,

which is more likely to be granted in New York than Los Angeles, where joint custody is more popular.

"Katie's primary concern remains, as it always has been, her daughter's best interest," Holmes' lawyer said in a statement Friday.

The "best interest" part is, reportedly, a reference to the Church of Scientology, which Holmes doesn't want Suri raised in.

Although a high-profile member of the religion while with Cruise, Holmes is now afraid that she is considered a "threat" to the organization — similar to how Nicole Kidman was shunned after her divorce from Cruise — and is being followed around New York by church authorities, reports TMZ. It's all very creepy, for sure. But if Scientology wants to be respected as a real religion



in 2012, it's going to have to start doing much more

depraved stuff than stalking Katie Holmes.

Kunis picks web winners for gal pals

You'll find Mila Kunis on online dating sites — but she's not looking for herself (rumour has it, she's canoodling with Ashton Kutcher). "I go on and I pick the guys for my friends," the star of Ted tells Glamour magazine, via Yahoo!'s omg blog. "It's online shopping! We all get together with our laptops and have a glass of wine. Then we message the guy.

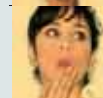
I'm just very honest and blunt." And she rewrites profiles, too: "I'm really good at 'About Me,'" she says. "I feel like I could never write anything about myself, because that's like a therapy session. But about your girlfriends? You just write what you love about your friends. If I didn't do what I do, I would do Internet dating instead of going out to bars."

Twitter



@nickcannon

My wife is like Wonder Woman! Hours ago she was looking gorgeous on stage in LA and now she is back NY before breakfast. #NCRIDIBLE



@SarahKSilverman

My niece was born w congenital jazz hands. (Fosse diseases)



@JudahWorldChamp

72 ounce steaks with mash potatoes and chili is my favorite snack food.



@markhoppus

Paris is a gorgeous city. Every time I'm here I just want to sit at a cafe, smoking coffee and eating cigarettes.

"IT'S THE BEST SPIDER-MAN YET. A BRILLIANT REIMAGINING OF AN EPIC FRANCHISE."

I CAN'T WAIT TO SEE IT AGAIN!
MARLOW STERN
Newsweek

THE AMAZING SPIDER-MAN

COLUMBIA PICTURES PRESENTS A MARVEL ENTERTAINMENT/LAURA ZISKIN/AVI ARAD/MATT TOLMACH PRODUCTION "THE AMAZING SPIDER-MAN" ANDREW GARFIELD EMMA STONE RYAN REYNOLDS DENZEL WASHINGTON CAMPBELL SCOTT IRISAH KRIAN WITH MARIN SWEENEY AND SALU FIELD MUSIC BY JAMES NEWTON HOWARD COSTUME DESIGNER STAN LEE KEVIN FEIGE MICHAEL GULLO EDITOR CHRIS YOUNG EXECUTIVE PRODUCERS STAN LEE AND STEVE DITTO PRODUCED BY JAMES VANDERBILT WRITTEN BY JAMES VANDERBILT AND ALVIN SARGENT AND STEVE KUBOVIC DIRECTED BY LAURA ZISKIN AVI ARAD MATT TOLMACH

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Have you got what it takes to be an Olympic athlete?

How can you know if you have what it takes to be an Olympic star if you've never tried? Metro talks to Dr. Marco Cardinale, head of sports science and research of the British Olympic Association, to find out why athletes are above average. **ROMINA MCGUINNESS**

First, pair your body with sport

"There are 26 sports in the summer Olympics so there isn't a standard 'body type,'" says Cardinale. "Each sport suits a body. If you think about the differences between a boxer and a runner you realize how different bodies can be successful in sport. While this means that potentially everyone can become an Olympic athlete, it's not that easy. Olympians are the result of years of dedication to grueling training regimes combined with talent and the ability to learn and develop. Being tall does not guarantee you a place in the volleyball team, unless you have skill."

Focus comes with a clear mind

"What separates Olympic athletes from the rest of us is their mind set and dedication. This requires hours of training and a deep desire to understand what it takes to win. Medal winners are the ones that learn faster and more than their opposition. You need to be determined to succeed, with an obsession for detail and improvement. It's a tough life. Athletes experience the highs of wins and the lows of losses as well as setbacks with injuries. You can't survive without the ability to deal with adversity and remain optimistic as success only comes after years of practice."

Ouch: learn to stay injury-free

"Being fit for purpose reduces the risks of injury. A good control of training progression can help as most of the time an injury is the result of wrong training loading patterns that puts the body under too much stress. For us normal people not pursuing Olympic success, general fitness is a good way to avoid injuries..."

Your stomach doesn't like junk

"Athletes should always watch what they eat in order to make sure their nutrition is appropriate for the demands of their sports, the training schedules and their body types. In weight category sports such as boxing or judo, where weight is an issue, athletes control their diets in order to make sure they can compete. In many other sports, nutrition is important not only to make sure body mass is appropriate for each athlete, but also to be able to improve performance by using appropriate timings of macro- and micro-nutrients intake."

Calories in = calories out

"A balanced diet is the secret to a healthy lifestyle. Avoid the unnecessary intake of calories and control your intake of macro-nutrients. We live in a society exposed to carbohydrates and processed sugars, both of which we eat too much of. If someone is overweight, it's often the result of poor food choices in terms of quantity and quality. These are the kind of things to be mindful of. Diet is only part of the equation. Exercise is the most important."

Athlete Q+A

Metro speaks to British artistic gymnast and Olympic hopeful, Louis Smith

RICHARD PECKETT
richard.peckett@metro.lu

DEALING WITH STRESS

"You can't really control your nerves. You can prepare yourself to be in the best mental state. Nerves are what I thrive on. I love the adrenaline rush. I would get bored without it. On the other hand, when you're on the pommel horse, you shouldn't let the adrenaline affect you. If I'm nervous, I listen to reggae. Competitions can be very daunting. It's all down to those 50 seconds..."

TRAINING SCHEDULE

"I wake up around 10:30 a.m. and then train from 12:30 to 3:30 p.m. I have a rest, and then I'm back in the gym at 5:30 till about 8 p.m."



THREATS

"Everyone is a threat. I'll be looking out for people like Krisztian Berki from Hungary. If I wobble, the door opens to about 15 other people. If I had a clean routine there would be a few other people that would be in my league. My calmness when it comes to a competition is my forte. I stay focused whereas others can get a bit too hyped."

LIFE AND LOVE

"Training for the Olympics is tough when you're young but you can't lose sight of what you're doing and why you're doing it. What I miss most is dating. I've been single for over a year and would like to find someone. But at the same time I wouldn't want a distraction during the Games."

BODY MAINTENANCE

"It's pretty basic. In the morning, I'll have some porridge and some fruit. If I'm still hungry, some toast. For lunch it's carbohydrates and protein and for dinner, white meat (fish) and vegetables. The absolute no-no before the Games are takeaways and heavy nights out."

3

LIFE

On the Web



Addressing mental health issues key when treating obesity, experts say

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Delicious flavours of a Cobb Salad all healthily wrapped up



This recipe serves eight and takes less than 30 minutes to make. ROSE REISMAN



ROSE REISMAN
for more, visit
rosereisman.com

A Cobb Salad traditionally has loads of chicken, blue cheese, bacon and heavy dressing.

I've lightened up this classic and tossed it into a wrap.

1. Lightly coat a nonstick grill pan with vegetable spray and set over medium heat. Grill chicken 4 mins. each side or until no longer pink. Cool slightly, then slice thinly.

2. Combine tomatoes, red pepper, avocado, black beans, green onions and parsley in bowl. Add lemon juice, sour cream, olive oil, garlic, chili sauce, salt and pepper and mix.

3. Spread one-half of each of the tortillas with some of

Ingredients

- 8 oz skinless boneless chicken breasts (about 2)
- 1/2 cup diced plum tomatoes
- 1/2 cup diced red bell pepper
- 1/2 cup diced ripe avocado
- 1/3 cup canned black beans, drained and rinsed
- 1/4 cup finely chopped green onions
- 1/4 cup chopped parsley
- 4 tsp lemon juice
- 1 tbsp low-fat sour cream
- 1 tbsp olive oil
- 1 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- pinch of salt and pepper
- 1/2 cup shredded aged light cheddar cheese
- 4 large whole wheat flour tortillas

the mixture. Top with slices of chicken and the shredded cheese. Fold in 2 sides and roll up. Place the wraps in a clean grill pan and cook for 5 minutes, turning halfway, just enough to warm through. (Or heat in a 400 F oven for 5 minutes until warm.) Cut in half and serve.

Health Solutions

Three small, sneaky super boosters



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

At the speed of our lives, it is hard to get all of the nutrients you need. Everyone needs a few tricks up their sleeve to boost or better the food they choose.

In nutrition circles, "nutrient density" is the name of the game. It means that you should make every mouthful count by choosing unprocessed, fresh, raw vegetables and whole grains every single time. Who can do that?

Here is your cheat sheet of three foods that you can add to whatever you are eating and improve every bite.

Cocoa nibs

Tastes like:
Bitter, crunchy chocolate chips

Good for:
• High in antioxidants
• Contains potassium and magnesium (two nutrients often missing from pro-

cessed food)

How to use:
Add to yogurt, baking, salads

Chia seeds

Tastes like:
No taste, texture only

Good for:

- Excellent fibre (soluble and insoluble)
- High in trace minerals

How to use:

Add to smoothies, salads, soups, baked goods, sprinkle on convenience foods

Hemp seeds

Tastes like:
Sunflower seeds

Good for:

- High in plant source protein
- Contains good fat GLA needed to make hormones

How to use:

Grind into a nut free "nut" spread and add to vegetarian dishes like lasagne, pasta.

THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Distance can bring clarity

Dear Sisters, I've been in a rocky relationship for a couple of years now, and we're slowly making progress. Recently, my boyfriend was offered a job abroad and would only be here a few months out of the year. I'm supportive, but worried. With everything we've already been through, I'm not sure if our relationship

can withstand the distance. Any advice? Rocky Road

Andrea: Dear Rocky, Are you comfortable with the progress you've made or is there still more to be done before you feel fully committed? Any "loose ends" need to be addressed before his departure so that you can enjoy the limited time you do share.



TWO SISTERS
Andrea and Claire
Life@metronews.ca

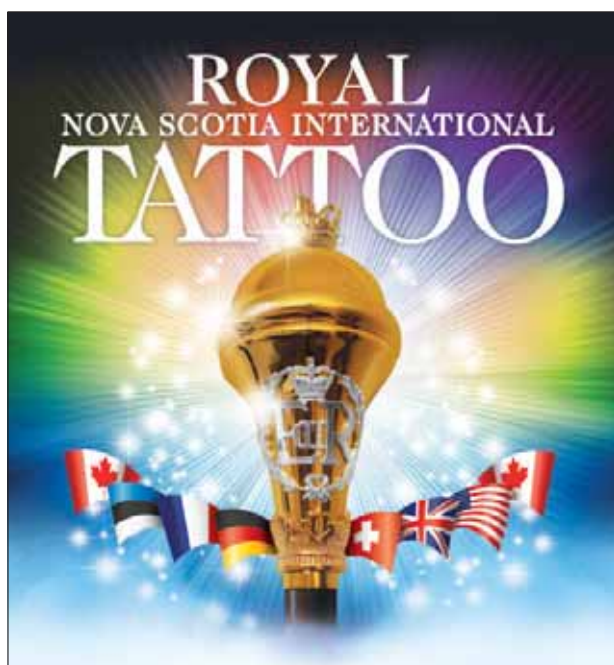
Separation can be a blessing in disguise: sometimes our fear of being apart is really just a fear of being alone. You could discover an entirely new you without the pitfalls of break-



ups or "breaks". The time and energy you'll get back may be used for creative endeavours you didn't know you were capable of. It will also give you some clarity on where you two really stand. Even if that ends up spelling trouble for your relationship, would you rather be happy and apart or unhappy and together?
Claire: Dear Rockette,

Sometimes life gives you the exact roadblocks you didn't know you needed. You two are being forced to take a close look at how much this relationship means to you, and whether it has a future. If he plans to go, it's because part of him doesn't mind leaving his life behind, you included. That doesn't mean he doesn't care about you, it's just where he is

in the relationship. Establish how often you will visit each other, whether you can have flirtations with others, and how long he will give this job to decide whether it's what he wants and also how long you can wait for him. That way you both have clear expectations, so you can both get on with your individual lives in a united way.



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- Matinees at 2:30 on July 1st, 2nd, 7th & 8th
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- The Tattoo is a registered not-for-profit charity.

4

SPORTS

NHL

Blues invite Andrew Ryan to rookie camp

The St. Louis Blues are giving Andrew Ryan a second chance. After being passed over in the NHL draft last month, the 18-year-old forward has earned an invitation to the Blues' rookie camp in September. Ryan was ranked 109th for the draft among North American skaters by Central Scouting. He missed three months with a broken ankle and finished with 10 goals and 13 assists for 23 points in 45 games.

For more Mooseheads coverage, visit Metro's Q Files blog: www.metronews.ca/qfiles

Mobile news



Twitter says its users fired off more than 15,000 tweets per second when Spain scored its fourth goal in Sunday's Euro 2012 final. Such records are constantly being set as fans increasingly use social media to connect during major sporting events. Scan the code for the story.



Jenna Martin of Bridgewater, N.S., wins the women's 400 metres at the Canadian Track and Field Championships in Calgary on Friday. JEFF MCINTOSH/THE CANADIAN PRESS

Harris, Martin earn tickets to London

Track and field.

Victories at national championships help Nova Scotians qualify for Summer Olympics



MATTHEW WUEST

matthew.wuest@metronews.ca

Twenty-four hours after it became official, Halifax's Geoff Harris was still trying to come to grips with the fact he is going to the Olympics.

"I don't 100 per cent know that it's fully sunk in yet," the 800-metre track star admitted on Monday afternoon. "It's a little bit surreal."

The 25-year-old became Nova Scotia's 11th Summer Olympian on Sunday after racing to his first 800-metre national title at the Canadian track and field championships in Calgary on Saturday.

Harris, a former Dalhousie Tigers standout who has had a breakthrough season highlighted by four personal-best times, crossed the line in 1:46.49, a quarter of a second faster than runner-up Nathan Brannen.

With two Olympic B standards already this year — times of better than 1:46.30 — the win was enough to get



Geoffrey Harris celebrates winning the men's 800 metres at the Canadian Track and Field Championships on Saturday. SEAN KILPATRICK/THE CANADIAN PRESS

Harris to the Games in the "rising star" category.

Harris used a powerful late kick in Saturday's race to separate himself from the rest of the pack.

"Coming down the home stretch, it was really windy," Harris said. "But I was able to stay relaxed. That's been a big thing for me, not tightening up, fighting for it, and letting myself run, and it felt amazing to just roll through like that."

Harris wasn't the only

Nova Scotian to qualify for the Olympics in Calgary on the weekend. Bridgewater's Jenna Martin, 24, is also going to London after winning the 400-metre women's crown on Friday in 51.53 seconds, passing the Olympic A standard by two-hundredths of a second.

Both track athletes have been friends for years. Harris recalls travelling with Martin to Boston by car in 2005 for the first international meet of his career.

"I'm so happy for her, the way she did it," Harris said. "She deserves it.... It's really nice for me to have another Nova Scotian (track athlete) going to London, and hearing there are 11 Nova Scotians total.... It's a big year for us, for sport, to have that many of us going."

Both Harris and Martin were scheduled to fly back to Halifax on Monday and are planning to compete in Sunday's Aileen Meagher Inter-

London calling

Nova Scotians at the Olympics:

- Geoff Harris, Halifax (track)
- Jenna Martin, Bridgewater (track)
- Ellie Black, Halifax (gymnastics)
- Mark de Jonge, Halifax (kayak)
- Ryan Cochrane, Windsor (kayak)
- Jason McCoombs, Dartmouth (canoe)
- David Sharpe, Halifax (swimming)
- Custio Clayton, Dartmouth (boxing)
- Amy Cotton, Judique (judo)
- Eric Gillis, Antigonish (marathon)
- Danielle Dube, Glen Haven (sailing)

national Track Classic at Huskies Stadium starting at 6:30 p.m.

MLB. Romero's struggles continue against Royals

Mike Moustakas had five RBIs and his first career grand slam and Everett Teaford pitched seven strong innings as the Kansas City Royals defeated the Toronto Blue Jays 11-3 on Monday.

The Royals reached Toronto left-hander Ricky Romero for 11 hits, including a two-run homer by Salvador Perez, three walks and eight runs in six-plus innings to snap a three-game slide.

Jose Bautista and Colby Rasmus homered for the Blue Jays who have lost two in a row to drop to .500.

It was the second successive loss for the struggling Romero (8-3), as his earned-run average

All star

- Jose Bautista was named American League Player of the Month for June.
- Yankees second baseman Robinson Cano asked Bautista, Prince Fielder and Mark Trumbo on Monday to join him on the AL side for the All-Star home run derby.

TORSTAR NEWS SERVICE

swelled to 5.35.

The loss was Romero's first of the season at home after five wins. **THE CANADIAN PRESS**

NHL

Torres' suspension cut by four games

NHL commissioner Gary Bettman has cut four games off the 25-game suspension given to Phoenix Coyotes forward Raffi Torres for his hit that concussed Marian Hossa during the playoffs.

THE CANADIAN PRESS

Swimming

Phelps drops 200-m freestyle

Michael Phelps has dropped one of his eight Olympic races. By scratching the 200-metre freestyle, Phelps will not have the opportunity to match the record eight gold medals he won in Beijing.

THE ASSOCIATED PRESS

Parise and Suter put signings on hold



Zach Parise remains a free agent. New Jersey, Pittsburgh, Detroit, Minnesota and Nashville have shown interest. JIM MCISAAC/GETTY IMAGES

NHL. Prized free agents play waiting game while Brodeur stays put in New Jersey

The waiting game continues.

A second day of NHL free agency came and went without decisions from forward Zach Parise or defenceman Ryan Suter on where they'd like to sign. The top two names on the open market have both been given a lot of food for thought in the form of serious contract offers and are electing to take their time.

"The goal is to make the most informed decision I can," Parise told reporters outside his agent's office in Mississauga, Ont., on Monday afternoon.

With so many teams hoping to land Parise and/or Suter, the market was pretty much frozen solid on Day 2.

Exceptions came in Calgary, where Jiri Hudler signed a \$16-million US, four-year-deal, and in Winnipeg, where the Jets signed Olli Jokinen to a two-

Boulton signs

Middle Sackville's Eric Boulton has a new NHL home with the New York Islanders.

- Boulton, a 35-year-old winger with 600 games of NHL experience, was bought out of the final year of a two-year contract with the New Jersey Devils on Monday and subsequently signed to a new one-year pact with the Islanders.
- The deal is expected to pay him \$550,000 at the NHL level, according to Newsday. **METRO**

year deal worth a reported \$9 million.

Carey Price agreed to a \$39-million, six-year extension with Montreal, and New Jersey signed Martin Brodeur to a two-year deal worth \$9 million and backup goalie Johan Hedberg to a \$2.8-million, two-year contract. **THE CANADIAN PRESS**



Lisicki ousts former champ

Sabine Lisicki of Germany celebrates after defeating Maria Sharapova at Wimbledon on Monday. Lisicki ended Sharapova's bid for a second consecutive Grand Slam title with a 6-4, 6-3 win in the fourth round that will also cost Sharapova the No. 1 ranking. **PAUL GILHAM/GETTY IMAGES**

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Charm greets visitors with heart-warming, enthusiastic purring and ensures they know that their visit is appreciated. There is a train of thought that rescues have a special sense of gratitude when finally adopted into loving forever homes. If you are touched by Charm and her story, please ask yourself: could she be your lucky charm?

For more information on Charm and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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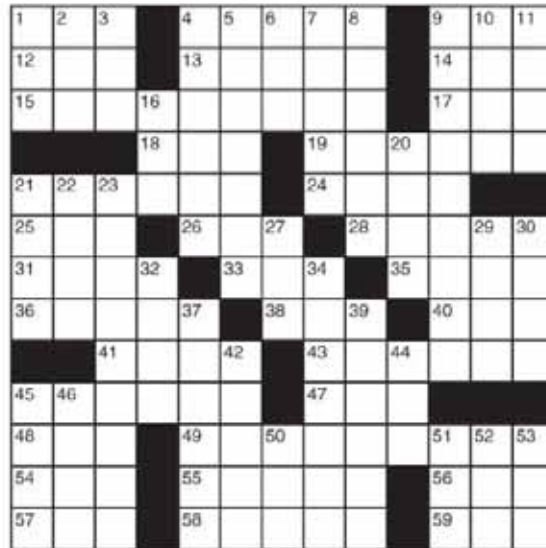
- 1 Take the prize
- 4 Conversations
- 9 Gear tooth
- 12 Hubbub
- 13 Embankment
- 14 Mine matter
- 15 Obese
- 17 Hastened
- 18 Choice (Abbr.)
- 19 Fastener shot from a gun
- 21 On top of the world?
- 24 Ticklish Muppet
- 25 Bill and —
- 26 Kvetch
- 28 Bizarre
- 31 Throw hard
- 33 Pitch
- 35 Red-tag event
- 36 Washington Nationals, once
- 38 Jewel
- 40 Aviv preceder
- 41 Curved molding
- 43 Antics
- 45 Seoul man?
- 47 Call-day link
- 48 Lawyers' org.
- 49 Blood cell
- 54 Up to
- 55 Yellow-brown color
- 56 Plead
- 57 41-Across' shape

58 "— Line Is It Any-way?"

59 Droop

Down

- 1 Servicewoman
- 2 "— not choose to run"
- 3 Neither partner
- 4 Tip off
- 5 Witch
- 6 St.
- 7 Nervous
- 8 Make a compromise
- 9 Related to big business
- 10 Verbal
- 11 Kelly or Hackman
- 16 Calif. winter hrs.
- 20 Iowa city
- 21 Liniment target
- 22 Sauce thickener
- 23 Sarges' subordinates
- 27 Joke
- 29 Robert of "The Sopranos"
- 30 Morays
- 32 Theater box
- 34 Cookbook collection
- 37 Dugong
- 39 Ripen
- 42 Tennyson's "— Arden"



- 44 Faux —
- 45 Shakespeare's shrew
- 46 Kimono sashes
- 50 Pi follower

- 51 Couric's network
- 52 Meadow
- 53 Early bird?



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

6	7	2	4	8	9	5	3	1
1	5	9	7	3	2	8	6	4
8	4	3	1	5	6	7	9	2
2	8	1	5	4	3	6	7	9
7	3	5	9	6	1	4	2	8
4	9	6	2	7	8	3	1	5
3	1	8	9	4	2	5	7	6
9	6	7	8	2	5	1	4	3
5	2	4	3	1	7	9	8	6

Friday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

SNKV ZEAK JYKGEQKVP FFYCV
IKAFXX NHVLYD, DCH XELNP
GHIJCGK NEG MFZCYEPK
MCCQ SFG F IHYY-EPC
Yesterday's Cryptoquip: WHEN PEOPLE HAVE
TO TRIM DOWN A FEW ENVELOPES, COULD
THEY USE A PAIR OF MAIL CLIPPERS?
Today's Cryptoquip Clue: F equals A



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

♈ Aries | March 21 - April 20.

You need to be more emotionally open with those you live, work and do business with, but not so open that you reveal all your secrets.

♉ Taurus | April 21 - May 21.

The amount of time and effort that has gone into your attempts to change a habit could have been used for more productive ends.

♊ Gemini | May 22 - June 20.

Mars, planet of ego and energy, moves into the most dynamic area of your chart today and soon you will be feeling on top of the world again — which is where you belong.

♋ Cancer | June 21 - July 22.

Today's cosmic activity urges you to put negative thoughts behind you and believe that your life is everything it could be and more. Positive thinking is a powerful force.

♌ Leo | July 23 - Aug. 22.

The next few days will be extremely busy for you, especially socially where you will be in demand like never before.

♍ Virgo | Aug. 23 - Sept. 22.

As Mars moves out of your birth sign today your confidence may dip a little, but it's no big deal. Focus on what you own and are earning.

♎ Libra | Sept. 23 - Oct. 22.

Mars, the planet that makes things happen, joins Saturn, the planet that stops things from happening, in your birth sign today. But that's OK. You'll find ways to make the combo work.

♏ Scorpio | Oct. 23 - Nov. 21.

Some kind of hidden knowledge is about to be revealed to you and if you use it wisely, your existence may well be transformed. There is more to life than meets the eye. Use your inner eye to see with today.

♐ Sagittarius | Nov. 22 - Dec. 21.

Group activities will be a lot of fun today and if you play your cards right you will impress some important people too.

♑ Capricorn | Dec. 22 - Jan. 20.

New opportunities in your work or career are about to arrive. How you use them is up to you but use them you must. It's a chance to move up.

♒ Aquarius | Jan. 21 - Feb. 18.

The past few weeks have been tough but with Mars moving in your favour, better times are about to begin. If you get the chance to travel, take it.

♓ Pisces | Feb. 19 - March 20.

Don't let minor setbacks worry you because overall your prospects are amazingly good. Where joint business issues are concerned you must be more willing to take a risk.

SALLY BROMPTON



Caption Contest

"Rare ... well done and cordon bleu?"
David

THE ASSOCIATED PRESS

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